

MO Learning Suggestions for Wellness

There are 8 dimensions of wellness to have a well-balanced life: physical, intellectual, spiritual, financial, emotional, environmental, occupational and social. It's important to address all aspects to be well-rounded and healthy. The below resources give some LinkedIn Learning ideas on each dimension. Read more about 8 dimensions of wellness at: <http://dhssnet.state.mo.us/worksitewellness/pdf/dimensions.pdf>

Instructions for using LinkedIn Learning:

<https://training.oa.mo.gov/molearning/how-to-use/index.html>

Some courses work better with a browser other than Internet Explorer. It may help to sign into your LinkedIn Learning account before clicking links below.

General Wellness

- [Managers prioritize wellness](#) (3 min.)
- [The importance of well-being](#) (4 min.)

Emotional Dimension

- [Common Misbeliefs about Happiness](#) (4m 3s)
- [Cultivate Joy](#) (1m 38s)
- [Community & Social Services Skills: Self-Safety](#)
- [Emotional Intelligence](#) is the ability to understand, use, and manage your own emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges and defuse conflict:
 - [Developing Your Emotional Intelligence](#)
 - [Leading With Emotional Intelligence](#)
- [Mindfulness](#) means having a more helpful relationship with our thoughts and feelings:
 - [Mindfulness](#)
 - [Cultivating Mental Agility](#)
 - [Cultivating a Growth Mindset](#)
- Managing Stress:
 - [Managing Stress for Positive Change](#)
 - [Managing Stress](#)
 - [Avoiding Burnout](#)
- Mental Health
 - [Managing Depression in the Workplace](#)

Social Dimension

- [Community & Social Services Skills: Dealing with Difficult People/Conflict Resolution](#)
- [Community & Social Services Skills: Diversity and Accessibility, Cultural Awareness](#)
- [Community & Social Services Skills: Communication](#)
- The Diversity & Inclusion Workgroup at DHSS will continually add recommended LinkedIn videos to help increase staff's diversity and inclusion knowledge:
<http://dhssnet.state.mo.us/diw/resources.php>

Occupational Dimension

- See DHSS' NETwork's suggestions under Resources on their page:
<http://dhssnet.state.mo.us/network/>
- [Supervisor Skills: Work/Life Balance](#)

Intellectual/ Financial Dimensions

- [Business and Financial Operations Skills: Analytical Skills](#)

Physical Dimension

- [Strive for Wellness' Health Videos](#)
- DHSS' [Lunch-N-Learn archive](#)

Reminder: DHSS Policy 14.3, "Worksite Health Promotion Activities" allows employees to participate in sponsored Lunch and Learn programs for thirty minutes and special events for up to one hour on no more than one day per month without being charged leave. Supervisor must approve arrangements prior to using the allowed time.

Spiritual Dimension

- [Finding purpose in life and work](#)